



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09124, Grapefruit juice, white, canned, sweetened

Report Date: June 30, 2017 06:56 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 fl oz 31.2g
Proximates						
Water	g	87.38	16	0.069	218.45	27.26
Energy	kcal	46	--	--	115	14
Energy	kJ	192	--	--	480	60
Protein	g	0.58	16	0.010	1.45	0.18
Total lipid (fat)	g	0.09	16	0.005	0.23	0.03
Ash	g	0.82	16	0.056	2.05	0.26
Carbohydrate, by difference	g	11.13	--	--	27.82	3.47
Fiber, total dietary	g	0.1	--	--	0.2	0.0
Sugars, total	g	11.03	--	--	27.57	3.44
Minerals						
Calcium, Ca	mg	8	16	0.316	20	2
Iron, Fe	mg	0.36	16	0.026	0.90	0.11
Magnesium, Mg	mg	10	16	0.144	25	3
Phosphorus, P	mg	11	16	0.266	28	3
Potassium, K	mg	162	16	3.902	405	51
Sodium, Na	mg	2	16	0.182	5	1
Zinc, Zn	mg	0.06	16	0.003	0.15	0.02
Copper, Cu	mg	0.048	16	0.004	0.120	0.015
Manganese, Mn	mg	0.020	--	--	0.050	0.006
Selenium, Se	µg	0.1	--	--	0.2	0.0
Vitamins						
Vitamin C, total ascorbic acid	mg	26.9	16	0.461	67.2	8.4

Nutrient	Unit	1			1 cup 250g	1 fl oz 31.2g
		Value Per 100 g	Data points	Std. Error		
Thiamin	mg	0.040	17	0.002	0.100	0.012
Riboflavin	mg	0.023	17	0.001	0.058	0.007
Niacin	mg	0.319	16	0.023	0.797	0.100
Pantothenic acid	mg	0.130	--	--	0.325	0.041
Vitamin B-6	mg	0.020	1	--	0.050	0.006
Folate, total	µg	10	--	--	25	3
Folic acid	µg	0	--	--	0	0
Folate, food	µg	10	--	--	25	3
Folate, DFE	µg	10	--	--	25	3
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	3	--	--	8	1
Carotene, alpha	µg	2	--	--	5	1
Cryptoxanthin, beta	µg	1	--	--	2	0
Vitamin A, IU	IU	7	--	--	18	2
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	10	--	--	25	3
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	0.10	0.01
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0
Lipids						
Fatty acids, total saturated	g	0.012	--	--	0.030	0.004
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.011	--	--	0.028	0.003

Nutrient	Unit	1			1 cup 250g	1 fl oz 31.2g
		Value Per 100	Data points	Std. Error		
	g					
18:0	g	0.001	--	--	0.003	0.000
Fatty acids, total monounsaturated	g	0.012	--	--	0.030	0.004
16:1 undifferentiated	g	0.001	--	--	0.003	0.000
18:1 undifferentiated	g	0.011	--	--	0.028	0.003
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.021	--	--	0.052	0.007
18:2 undifferentiated	g	0.017	--	--	0.043	0.005
18:3 undifferentiated	g	0.004	--	--	0.010	0.001
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Flavonoids

Proanthocyanidin

Proanthocyanidin dimers ¹	mg	0.0	1	--	0.0	0.0
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¹Mullen, W., Marks, S., and Crozier, A. Evaluation of phenolic compounds in commercial fruit juices and fruit drinks, 2007 J. Agric. Food Chem. 55 pp.3148-3157